

INTEGRATED MARTIAL ARTS WELLBEING CENTRE



Meditation & Chi Yoga



☯ INNER PEACE, HEALTH, WELLBEING AND EMPOWERMENT ☯

☯ TUESDAYS FROM 6:15 AM TO 7:15 AM ☯

☯ WEDNESDAYS FROM 5:40 PM TO 6:40 PM ☯

(87 Islander Rd, Pialba ~ Phoenix Court)

